

# ARTHRITIS NEWS FOR YOU

SPRING 2010

ST. JOHN'S ARTHRITIS CENTER

## Maintaining Motivation, Removing Roadblocks

Getting (and staying!) motivated to exercise can be tough. New Year's resolutions wane and winter isn't through with us yet. How do we remove roadblocks to walking (a convenient exercise that can be done by most everyone without expensive equipment)?

Start with small steps (pun intended). Head out the door and down the street for just five minutes. The return trip makes it a 10 minute walk. Work 10 minute walks into your schedule. Just get ready 10-15 minutes early and squeeze in a stroll before you get in your car and head to work or run errands.

We can all think of reasons not to exercise, but the reason that must compel us to stay active is health. The next time you think of an excuse, counter it with this plan.

**Not today: BUILD EXERCISE INTO YOUR ROUTINE.** Walking will become second nature when you do it on a daily basis. For example,

if you're at work, walk to another floor to use the restroom. From home, you might walk to a corner store, a video rental shop, your friend's home, or church—places that you instinctively or normally drive. Lace up your walking shoes (and get some quality exercise) instead of getting behind the wheel.



**It's too cold/hot/wet: DON'T LET WEATHER DAMPEN YOUR MOTIVATION.** Walking in the climate-controlled halls of the local mall or on a treadmill at a gym may be an option. If you prefer the great

outdoors, just be sure to wear appropriate clothing. Always wear proper shoes with good support (regardless of weather). For wet or wintry weather, choose garments that wick moisture away, fleece for insulation, water repellent outerwear, and gloves and hat to prevent heat from escaping through extremities. On

warmer days, plan walks at cooler times such as morning or evening. Even choosing a route that is shaded from the sun can lower the temperature by as much as 10 degrees. Be sun savvy by carrying water, wearing a broad-brimmed hat, and using sunscreen.

**I'm too achy or tired: FIND A TIME WHEN YOU FEEL BEST, AND DO SOME MILD EXERCISE.** When aches and pains ebb, take a stroll. Don't push yourself or overdo it. If walking (or any other exercise) causes pain, stop and talk to your physician or healthcare professional. Be mindful that research and anecdotal evidence show that physical activity can boost energy levels. A low intensity stroll is guaranteed to give you more energy and health benefits than a sedentary afternoon.

Set modest goals, celebrate small victories, and choose to combat excuses with action so that you can exercise and reap the rewards.

## Ask Margaret

*Spring brings a chance for renewal—a fresh start or new beginning. With that in mind, I wanted to share information from an article I read in ARTHRITIS TODAY (a publication of the Arthritis Foundation). The piece focused on adopting good habits. We'll look at 10 healthy habits. A future column might address a few bad habits to drop. In the meantime, please keep your questions coming. We love to hear from our readers!*

*In a perfect world, pain and stress wouldn't exist; we'd all be at our optimal weight; and we'd enjoy daily exercise and energy to spare. Wouldn't that be great! Although we live in an imperfect world, we are not powerless and can make healthy choices. Each of us can make small changes that have a BIG impact over time. Here are 10 good habits to adopt:*

1. *Don't skip breakfast.* Start your day with a meal that combines protein, high-fiber carbohydrates, and a little bit of fat. Oatmeal with fruit and skim milk offers lots of fiber, cancer-fighting antioxidants, and bone-strengthening nutrients.
2. *Stress less.* Stress exacerbates the symptoms of arthritis. If you can't change your circumstances, change your thinking by jotting down the stresses in your life and brainstorming strategies for address them.
3. *Simplify housework.* Spare joints by performing household chores more efficiently.
4. *Get organized.* Create one place for doctor's records, test results, and treatment updates. Keep a notebook charting doctor visits, levels of pain, and medications. Then, keep that notebook with your records in one location.
5. *Anticipate pain.* Although it sounds pessimistic to think about pain before you experience it, anticipating pain may be the best way to relieve it. Once pain starts, it can be hard to stop. Don't let the pain get ahead of you. Consider taking a pain reliever before your gentle exercises or before you go to bed (if you wake up sore). Discuss this with your physician first!
6. *Wear good shoes.* Make sure that your shoes offer good support and fit properly.
7. *Change your label.* Don't let your arthritis define you. Practice thinking of yourself as a person with arthritis rather than an arthritic. It's a subtle but powerful difference.
8. *Be create with exercise.* Do an activity that you love (like dancing or swimming).
9. *Eat healthy snacks.* Steer clear of empty calories and replace sweet or salty snacks with a handful of healthier choices like fruits and nuts. Eat small quantities of healthy foods more frequently so that your blood sugar doesn't drop.
10. *Get lots of vitamins*—in your food and through multivitamins or supplements that are approved by your physician.

Margaret Lindsey, R.N., is an Arthritis Educator with St. John's Arthritis Center. Questions for her column should be addressed to Ask Margaret/Arthritis News for You, St. John's Hospital, 1235 East Cherokee, Springfield, MO 65804.

**ARTHRITIS INFORMATION LINE**  
**417-820-3665 or 1-800-835-5197**  
**7:30 a.m.-4:00 p.m., Monday-Friday**

## Good Idea!



### Coffee Pot Caddy

If you're struggling with holding handles while pouring from coffee or teapots, then a caddy is ideal. Just strap the pot to the base and tilt up to pour. The sturdy base provides extra support if your grip is less than sturdy. For info on locating featured products, call (417) 820-7115.

## Live Like Your Life Depends on It!

### *Living a Healthy Life with Chronic Conditions*

This six week chronic disease self-management class is for people with diabetes, asthma, heart disease, arthritis, lupus, stroke, bronchitis, emphysema, and any other chronic condition. Learn skills for *living a healthy life with a chronic condition*. Classes meet Thursdays, March 25-April 29, 2010, from 10 a.m.-12 noon at St. John's Health Plans Building at 3265 S. National Ave., Springfield, MO, in the Community Conference Room (2nd floor). The class is free.

**Wright County, Mtn. Grove, Ozarks Family YMCA**—March 4-April 8, 1-3 p.m. To register, call (417) 926-6111.

**Mtn. View-St. Francis Hospital**—March 1-April 5, 10 a.m.– 12 noon. To register, call (417) 934-7000.

**Joplin-St. John's Hospital**, Conference Center, Room 3, March 15-April 26, 1-3 p.m. To register, call (417) 682-3579

**Taney County, Branson—Our Lady of the Lake Catholic Church**, 203 Vaughn Drive, April 14-May 19, 10 a.m.-noon. To register, call (417) 546-4431

*Please call 1-800-835-5197 for classes in towns throughout Southwest Missouri.*

**New website!**

OUR NEW WEBSITE IS EVEN EASIER TO FIND AND USE! Take a look and forward the link to friends. We're at [www.moarthrititis.org](http://www.moarthrititis.org). You can click on Southwest Missouri or SW RAC!

**Fibromyalgia Support Groups**

**Springfield:** The group has temporarily suspended regular meetings due to illness. People with Fibromyalgia in need of information and support may call the Regional Arthritis Center at (417) 820-3446 or 1-800-835-5197.

**Aurora:** Meetings are the third Tuesday of the month at a new location—1 p.m. at St. John's Aurora Hospital, PDR. Call Coralu Exter at (417) 678-3580 or Marilyn Carey at (417) 678-2666.

**Lebanon:** Meetings are the first Tuesday of the month at 7 p.m. at Breech-St. John's. Call Evaleen Rogers at (417) 588-9783 or Dana McGaughy at (417) 533-3275.

**Mt. Vernon:** Quarterly meetings are held at MO Rehab. Call Jane Nelson at (417) 461-5490.

**Joplin:** Meetings are the first Tuesday of the month at St. John's Medical Center at 7 p.m. Call Pam Baack at (417) 781-6225.

**Marshfield:** This *new* group meets the second and fourth Mondays of the month at Marshfield First Baptist Church at 6:30 p.m. Call Martina Plavnick at (417) 468-2765.

**The Arthritis Toolkit**

The toolkit includes basic building blocks for use in constructing a personal approach to the management of arthritis and fibromyalgia through exercise, pain management and relaxation. It encourages goal-setting and action-planning. Check it out by contacting (417) 820-3446, 1-800-835-5197, or [margaret.lindsey@mercy.net](mailto:margaret.lindsey@mercy.net).

**Ozark Area Arthritis Club (OAAC) Program Schedule**

The OAAC meets the second Tuesday of each month at Cedar's Restaurant at 3322 S. Campbell at 11:30 a.m. For information, contact the Arthritis Information Line at (417) 820-3665 or 1-800-835-5197.

**FEBRUARY 9, 2010**  
*"Headaches"--Not All in Your Head!*

Debbie Arnold, PT  
Headache Care Center

**MARCH 9, 2010**  
*Staying Healthy, How to Talk with Your Doctor*

Misty Jordan  
Missouri State University

**APRIL 13, 2010**  
*Natural Ways to Help Arthritis*

Jason Back, Chiropractic Physician

**MAY 11, 2010**  
*Foot Care*

Elizabeth Trouville, RN  
St. John's Foot Care Center

**Arthritis/Fibromyalgia Self-Management Course**

The six week course will be held March 2-April 6, 2010, from 10 a.m.-12 noon at Springfield's St. John's Hospital Private Dining Room 4. The class covers self-management of pain and stress, exercise, and medications. The class is free; registration is required. Call the Arthritis Information Line at 417- 820-3665 or 1-800-835-5197 for info on upcoming classes in Southwest Missouri. For information about a course at Cox Health, contact Cami Stanley at 417-269-5282.

**Tai Chi for Arthritis**

Tai Chi for Arthritis was developed for people with a rheumatic condition and consists of fluid circular movements that are slow in tempo. Benefits include improvements in flexibility, strength, overall fitness, and posture. New classes are forming. For information, please call Heather Scott at (417) 820-3665 or 1-800-835-5197. Classes are also forming at the **Ward YMCA**. Call 862-7456 for info.

**Sjogren's Syndrome Support Group**

The group meets April 17, July 19, and October 18 at noon at St. John's Hospital, Private Dining Room 4. **PLEASE ASK FOR DIRECTIONS AT THE INFORMATION DESK AND NOTE THE PERMANENT ROOM CHANGE.** Call Una Lewis, (417) 827-3190 or 1-800-835-5197.

**Fibromyalgia Education**

Fibromyalgia education will be offered at Cox Walnut Lawn (Administrative Classroom) Springfield, April 15-May 20, 2010 (6:30-8:30 p.m.). Registration is required. Call Cami Stanley at (417) 269-5282.



**Change of Address?**

If you have recently moved or are planning to relocate, please call us with your change of address... (417) 820-3665 or 1-800-835-5197.

**Speakers' Bureau**

The Southwest Missouri Regional Arthritis Center is pleased to provide speakers to any community group or civic organization wishing to learn more about arthritis. Our education programs are available free of charge. Call the Arthritis Information Line at 1-800-835-5197 or 417-820-3665.

## Fibromyalgia Update 2009: Some Things Old, Some Things New

### Some Things Borrowed, Some Things True (Part II)

By Norman J. Simon, D.O., F.A.C.R., St. John's Clinic Division of Rheumatology

Fibromyalgia is a chronic painful condition that is not completely understood by medical experts. The cause of fibromyalgia is not known. It can make you feel tired and ache all over. It causes tender spots at specific points of the body that hurt only when you press on them. You may have trouble sleeping, as well as other symptoms. These problems can upset an affected individual's work and home life. Part I one of our series on Fibromyalgia focused on symptoms and non-pharmacologic interventions. Now, we look at new pharmaceutical treatments.

The main symptom of fibromyalgia is pain and it tends to vary with time of day and from person to person in terms of severity. The use of acetaminophen, in safe dosing ranges to avoid liver toxicity, has some role in treating the symptoms of mild fibromyalgia related pain. The maximum daily dose of acetaminophen (Tylenol) should not to exceed 4,000 mg during a 24 hour period (and not more than 2,000 mg if consuming alcohol). It should also be kept in mind that acetaminophen can be found in many over-the-counter cold medications as well as prescription narcotic combination products that may be given for pain. Non-



steroidal anti-inflammatory medications (NSAIDs), such as Ibuprofen and Naproxen, are often used as non-narcotic pain relieving medications for fibromyalgia related symptoms. There is no evidence that tissue inflammation is present in patients with fibromyalgia. Thus, it is not surprising that anti-inflammatory medications are not an effective form of treatment. As an example, therapeutic doses of ibuprofen and naproxen were found to be no better than placebo in clinical trials. If these types of medications are taken, as non-narcotic pain relievers, caution should be exercised in the use of

both "over the counter" and prescription products due to their potential to cause serious side effects even when being taken as directed. Serious side effects related to the use of NSAIDs can include gastrointestinal ulcers, kidney and liver impairment and organ failure, and an increased tendency of bleeding. These medications can also interact with various medications causing other potential complications.

I strongly discourage the use of narcotic pain relieving medications for fibromyalgia related symptoms due to a high risk for the lack of long term pain control and the potential for narcotic (opiate) de-

pendency issues to develop.

Tramadol (Ultram), which is not considered a narcotic, although it does exert effects on certain opiate (narcotic) receptors in the spinal cord, can provide pain relief in some patients with fibromyalgia. Caution needs to be exercised when using Tramadol since it has weak effects on serotonin levels and can potentially interact with other serotonin modulating drugs leading to serious side effects. Various antidepressant medications, that may or may not be specifically used in the treatment of fibromyalgia, may have a mechanism of action in the body that is related to increasing serotonin levels, and thus could cause serious side effects if used together with Tramadol.

Newer medications such as Neurontin (gabapentin), Topamax (topiramate), or Lyrica (pregabalin) have been used for fibromyalgia type pain symptoms with variable clinical results. It is not known exactly how these newer medications improve the symptoms of fibromyalgia, but many researchers and specialists believe it is related to their effects on certain brain, spinal cord and nerve chemicals called neurotransmitters. Various neurotransmitter (including serotonin, norepinephrine, and gamma butyric acid) abnormalities may play a central role

Continued on Page 6...

# Juvenile Arthritis News

## Using Heat and Cold Treatments to Bring Comfort, Relieve Aches



Parents of a child with juvenile arthritis are familiar with a variety of methods for easing a child's pain. Thermal agents relieve pain, improve circulation, and reduce stiffness.

### THE HEAT IS ON

Heat therapy is most successful when used to warm up joints (prior to activity). When your child's joints are stiff, apply heat to loosen joints and make daily activities a bit easier and less painful. First thing in the morning is typically a good time.

Heat therapy is easy and inexpensive to create using kitchen items. For example, moist heat, which penetrates more deeply than dry heat, can be achieved simply soaking towels in hot water or warming damp towels in a microwave. **Always test the heat to avoid burns!**

Many children enjoy warm baths and find that they are effective in easing aches. (As a bonus, pain relief and bath time are both accomplished in one simple step.)

You can make your own dry heat packs by placing dry rice or beans in a sock. Tie off the end, and place it in the microwave for 30 seconds. Remove the sock from the microwave and shake it to balance the heat. Repeat the step. Then, place it on the painful joint ***on top of a towel to avoid direct contact between the heat source and your child's skin.***

While heat has its benefits, experts do not recommend heat for joints that are noticeably hot and/or swollen because the treatment can



worsen the heat felt in joints.

### KEEPING COOL

Cold therapy is most effective at

the onset of your child's flare. It reduces swelling and numbs the joints. It's also helpful after a period of activity. When you apply cold to the affected area, your child notices less pain because the cold is actually reducing the ability of nerve endings to alert the brain to pain.

As with heat, you can create cold with items you have on hand. Fill a plastic bag with ice chips or a bottle with ice or cold water. You can also grab a bag of frozen vegetable for an instant cold pack. Prepare your child's painful joint by drying it. Place a dry cloth over the area to prevent direct contact between the cold pack and skin.

Apply the cold pack to the skin for 15-20 minutes. You can repeat the application every one to two hours. During cold therapy, your child's skin will pass through four stages of sensation: cold, burning, aching, and numbness. Remove the ice pack when your child tells you that skin feels numb.

Source: "Using Heat and Cold" by Kerry Ludlam, *Kids Get Arthritis Too*, The Arthritis Foundation.

### Keep Sensitive Skin Safe

- Begin with an extra layer of towel to prevent direct contact between your child's skin and heat or cold.
- When trying heat or cold on your child, first test it on yourself. Then, try it in short increments (5-10 minutes) to determine your child's tolerance.
- Inspect your child's skin every few minutes to check for redness. Skin should be only slightly pink (as when the child is bathing).
- As with any type of treatment, check with your child's doctor before experimenting with heat or cold therapy.

### JA Clinics Announced

Dr. Andrew Lasky, a pediatric rheumatologist from Children's Mercy Hospital in Kansas City, is seeing area children at St. John's Specialty Clinic by appointment on the second Tuesday of each quarter: April 13, July 13, and October 12. Please call 417-820-3665 or 1-800-835-5197.

## Fibromyalgia Update (continued from page 4)

in the features of fibromyalgia related pain and fatigue symptoms.

From 2008 to 2009, the first three medications were approved for the treatment of fibromyalgia by the FDA (Food and Drug Administration) in the United States. At the present time only Lyrica (pregabalin), Cymbalta (duloxetine) and Savella (milnacipran hydrochloride) have an FDA approved indication for use in fibromyalgia treatment.

Cymbalta (duloxetine) is also FDA approved for the treatment of depression and diabetic nerve pain, and Lyrica (pregabalin) is approved for the treatment of diabetic and post-herpetic (shingles) related nerve pain.

Lyrica (pregabalin) a second generation anticonvulsant, was the first drug approved by the FDA for the treatment of patients with fibromyalgia. Lyrica (pregabalin), 450 mg/day, significantly reduced the average severity of pain compared to placebo. Among those receiving the highest dose, more Lyrica (pregabalin) treated patients had a >50 percent improvement in pain. There were also significant improvements in sleep, fatigue, and health-related quality of life among those receiving 300 and 450 mg/day. Dizziness and somnolence were the



most common adverse side effects, but weight gain and swelling of the extremities have been seen in some patients.

Cymbalta (duloxetine) significantly reduced pain severity and improved global assessments at three and six months in clinical trials. The reductions in pain were seen in the first week of therapy and occurred in patients with and without major depression. Mental fatigue was noted to improve but without relief of general fatigue. The most common side effects were nausea, headache, and dry mouth. They usually occurred within the first three months of therapy.

Savella (milnacipran hydrochloride) was the most recently approved medication by the FDA to treat fibromyalgia. The safety and effectiveness of this drug, a selective dual reuptake inhibitor of the neurotransmitters serotonin and norepinephrine, were established in clinical trials involving 2,084 patients. In clinical trials it improved pain and global well-being more than placebo. Improvement in a composite score of pain, patient-reported global status, and self-reported physical function after 15 weeks of treatment was noted. A greater than 30 percent improvement in the composite was achieved by a significantly larger proportion of those receiving Savella (milnacipran hydrochloride) at

either dose (100 mg/day or 200 mg/day) than in the placebo group. Adverse effects leading to discontinuation of Savella (milnacipran hydrochloride) treated subjects were more common than the placebo group (19 to 24 percent versus 9.5 percent). Common side effects reported during clinical trials included headache, constipation, hot flushes, nausea, vomiting, heart palpitations, dry mouth, and a rise in blood pressure. Savella (Milnacipran Hydrochloride) should not be used with some other medications that are commonly prescribed for the treatment of fibromyalgia or depression. Fibromyalgia patients being treated with Savella (Milnacipran Hydrochloride) should be carefully monitored for adverse blood pressure effects associated with its use.

Finally, it must be noted that even though the true cause of the fibromyalgia syndrome has not yet been determined, it is important to realize that it is a real illness and not "imagined" or "in your head." Although the fibromyalgia syndrome is neither a deforming, deteriorating or life-threatening condition, it can still pose a significant problem in terms of its adverse impact on quality of life.

The relationship of the fibromyalgia symptoms of increased pain perception/sensitivity, fatigue, abnormal sleep, and mood disturbances along with an improved understanding of the role of neurotransmitters in this syndrome will certainly improve the development of additional medical therapeutics in the future.

### Arthritis Foundation Exercise Program Area Classes (Formerly PACE)

Classes use gentle activities to help increase overall stamina, flexibility, and strength. It is not a substitute for a prescribed exercise program.

**Republic Parks and Recreation**, call Allison Davis (417) 732-6780; **Cox Monett Hospital**, call Lauren Holland (417) 354-1410; **Warsaw Area**, call Billie Mowry (660) 438-7569; **Branson Recplex**, call Mary Chase (417) 335-2368; **Mt. Vernon**, call Sonny Poe (417) 461-5351 at MO Rehab; **Bolivar CMH Senior Health** (417) 777-7171; **Buffalo-Colonial Springs**, call Kay Morris (417) 345-5413; **Greenfield/Dade County**, call Charity Bayless (417) 637-2345; **Lamar Senior Citizens Center**, call Roberta Braxdale (417) 682-5809; **Lincoln Community Center**, call Billie Mowry (660) 438-7569; **Ellett Memorial Hospital, Appleton City**, call Kelly Tindall (660) 476-2111; **Strafford Senior Center** (417) 736-9898; **Willard Fitness Center**, call (417) 742-2262; **Republic Friendship Center** (417) 732-7672; **United Methodist Church, Fair Grove**, call Evelyn Sheppard (417) 759-2755; **McCarty Senior Center**, call Mark at (417) 282-6100; **Korth Senior Center Stockton**, call 417-276-5306; **Nixa Senior Center**, call (417) 725-2322; **Neosho Senior Center**, call (417) 451-0981; **Summersville Senior Center**, call (417) 932-4044; and **Pierce City Senior Center**, call (417) 476-5800; **Rogersville Senior Center**, call (417) 753-7800; **Pineville United Methodist Church**, call (417) 223-4723; and **St. Francis Hospital**, call (417) 934-7000.

### Arthritis Foundation Exercise Program (Formerly PACE) Springfield Classes

Classes meet at **St. John's Fitness Center**; cost is \$10. Two classes are offered, 1:15-2:15 and 2:30-3:30 p.m. on Tuesdays and Thursdays. Call the Arthritis Information Line at 417-820-3665 or 1-800-835-5197 or The Professionals at 417-820-8888 or 1-800-909-8326. Classes are held at the following locations:

**Springfield Southside Seniors Center** (call 890-1313)

**Campbell United Methodist Church** (call Marilyn Kleine at 881-2018)

**Cox Senior Health** (call Sonnie Noble at 269-3915)

**Cox Fitness Center Meyer Wellness & Rehab Center** (call 269-3282)

**Wesley United Methodist Church** (call 883-1021)

**Covenant Presbyterian Church** (call 883-1774)

**NEW—Baptist Temple** (call 831-2631)

**NEW—Noble Hill Church** (call 425-0824)

**NEW—Cox North** (269-8882)

### Bothered by Arthritis? Concerned about Heart Disease?

We are conducting a research study of 3 approved medications commonly used to treat pain due to osteoarthritis (OA) or rheumatoid arthritis (RA) in people who also have or are at high risk for heart disease. Qualified participants will receive study-related medical care, regular study check ups, and study medication at no charge

#### To qualify you must...

- Be 18 years of age or older
- Have had OA or RA for at least 6 months
- Have been prescribed regular medication for your pain for at least 6 months
- Have or be at high risk for heart disease, which includes a history of heart attack, stroke, or diabetes.

For more information, call St. John's Medical Research Institute at (417) 841-0250 or toll free 866-207-0167.

### Arthritis Foundation Aquatic Exercise (Formerly Aquatics Programs)

**Springfield: Hammons Heart Institute**, call 417-820-2169

**Ward YMCA**, call 417-862-7456

**Meyers Wellness & Rehab**, call 417-269-3282

**Chesterfield Family Center**, call 417-891-1616

**Joplin: Joplin Family Y**, call 417-623-4597 or 417-625-2502

**West Plains: West Plains Civic Center**, call 417-256-8087

**Lebanon: Cowan Civic Center**, call 417-532-4642

**Monett: Lowry & Associates, Physical Therapy**, call 417-235-8770

**Nevada: Vernon County Health Department**, call 417-667-7418  
**Nevada Regional Medical Center**, call 417-448-3622

**Lamar: Lamar Aquatic Park**, call 417-682-5383

**El Dorado Springs: Cedar County Memorial Hospital**, call Sandy Whitaker at 417-876-2511

**Bolivar: Citizens Memorial Hospital**, call 417-326-0453

**Citizens Memorial Hospital Senior Health**, call 417-777-7171

### Scleroderma Support Group of the Ozarks

The next scheduled meeting is March 1, 2010, at 6:30 p.m., Cox South meeting room A. For more info, call Gerry Robertson (417) 866-4297 or 1-800-835-5197.

### FREE Arthritis Forum

"Advances in Diagnosis and Treatment of Rheumatoid Arthritis and Osteoarthritis" will be presented by Margaret Lindsey, RNC, at McCarty Senior Center in Wheatland on Thursday, March 18, 2010. Registration required by March 12; call (417) 282-6100 for this FREE event.

**St. John's Health System**

1235 E. Cherokee  
Springfield, MO 65804  
[www.stjohns.com](http://www.stjohns.com)



*Please Join Us*

## **Arthritis Awareness Day 2010**

Our morning of information and sharing will feature a panel of healthcare experts, including a rheumatologist, dietitian, and orthopedic surgeon

Our panel includes **Stephen Armstrong, M. D., Rheumatologist, Cox South**  
**Michael Nachtigal, M.D., Orthopedic Surgeon**  
**Mark Coalson, P.T.**  
**Daphne Smith, R.D.**

**Please bring your questions for the experts to answer!**

### **Saturday, April 17, 2010**

St. John's C.H. "Chub" O'Reilly Cancer Center Auditorium, 2nd Floor, 9 a.m.-Noon  
Registration and breakfast at 9 a.m.

No fee. Pre-registration is required. Please call (417) 820-8888 or 1-800-909-8326.  
St. John's C.H. "Chub" O'Reilly Cancer Center, 2055 S. Fremont, Springfield, MO

*Join the St. John's Arthritis Center for a morning of information, fellowship, and fun!*

St. John's Regional Health Center, a member of the Sisters of Mercy Health System, St. Louis, is a Christian ministry dedicated to healing and wellness. As an equal opportunity/affirmative action employer, St. John's provides services and benefits without discrimination.